**Confessing to a crime you did not commit in order to avoid punishment**

Confessing to a crime you did not commit in order to avoid punishment is not wise at all. I rather have peace of mind inside, than to satisfy a small group of people that would like me to commit to a crime that I did not do. To confess to a crime I did not do will be to admit that I am guilty of it and wrong. If I decide to lie to make something easier on the short run, then it will just be harder to face on the long run. If someone is accusing me of doing something wrong, and I did not really do anything wrong I have nothing to worry about. If I start lying about it from the beginning I will just keep lying about everything just, so I don’t have to face punishment appointed to me. I will never take the blame to something I did not honestly do. For example the Atlanta Falcon player Brian Bank was arrested and charge for rape in 2002 with a possible forty-one years to life sentence, he accepted a plea deal that included five years in prison, five years probation and registering as a sex offender. In 2011 Banks was contacted by the victim through Facebook met with him and admitted that she had fabricated the story, Banks secretly recorded her confession, and she still refused to tell prosecutors that she had lied, so she would not have to return the money she and her family had gained in court. Banks now serves as a spokesperson for the California innocent projects. What does that tell you? Do not blame yourself if you are not guilty. You will lose your life and nothing will bring it back. You can ask Banks about it.

Another example will be the Two Detroit brothers who were recently release after spending twenty five years in prison accepting plea bargain for killing an elderly marijuana dealer they use to buy drugs from when they were both teenagers. Absolutely horrible they both lost their parents while in jail for a murder they did not commit and again thanks to Facebook they got release. It does not matter who much pressure they put you under, do not agree or punish yourself for a crime you did not commit. Don’t feel guilty because if you did not do it you are not and nobody can force you. Physically you might give up, but mentally do not let anything break you.

**The difference between right and wrong are clear**

For me it is perfectly clear the difference between right and wrong, but sometimes it also depends on morals, ethics and what is acceptable by the society. It is clear that for some people what might be good for someone else can be bad. Morals is what defines personal character, or the ability to choose from right or wrong while ethics are the rule of behavior accepted by certain group of people. For most people, their conscience tells them right from wrong. Conscience is reinforced by individual experience and education. When parents and elders teach their kids to be good; this also becomes programmed into the person as an adult. On the other hand, if a child's role models act contrary to society, then the inherited role of the conscience will be weakened. Environmental influences like when a young males father tell him to beat up anyone that bothers him at school while compare to other parents that simply just tell them to go tell the teacher . Some people see the difference between right and wrong through religion, but again it depends on which religion you practice. For example during current time I see Muslim killing and sacrificing themselves in the name of religion and I guess it seems right for them, but clearly that is the most outrages sin there is in other religions. Catholics seem to go to church every week to pray for forgiveness, but it takes one minute after they get out of church to talk about the person that was seating next to them. I believe that is wrong too. Jehova’s witness think their religion is the one, but they sometimes seem a little disrespectful when they talk about other religions and to proof a point you should try to enhance your religions and talk about the good, not about the bad of others. Right from wrong is like black and white you either go one way or the other. The end does not justify the means. If you are hungry and you have a family to feed it is not right to go steal a bank to feed your family it will be wrong from any point of view that you would like to see it.

**It is better to die for what you believe in rather than to lie to save your life**.

I rather lie to save my life than to die for what I believe in because dead I am worth peanuts. How can I proof my point if I am lifeless. There will be nobody to convince if I am dead. I rather lie and survive than to die for whatever I believe in. The majority of people now this days live in a constant lie. Our whole life is a lie and we keep lying to keep ourselves out of trouble. I understand Jesus knew that the consequences of telling the truth was death, he stood up for what he believes until the very end. For example a Martyr is a person who is put to death or endures great suffering in behalf of any believe, principal or cause and example would be Jesus Christ he spread the word of good and did not let anyone stop him. It takes certain people to live in a lie. I understand that if you lie once you will have to remember that for the rest of your live, I must rather live and forget quickly. If my death will not benefit a cause why die for it. It will be more beneficial to stay alive and try creatively to prove my point. If the lie does not hurt other people why would I not lie to save myself. People must be thinking that I am crazy for my ideas, but the majority of the people do not tell the truth about their ideas and feelings. They hide to agree with what society agrees the most. You have to speak yourself out and this is a great deal of what I believe. Many people had die for what they don’t even believe in because they followed the crowd without expressing their beliefs. Even though lying might be consider a sin I will never put another persons life is jeopardy to save my own. If that would be the case I would rather tell the truth and die for it. I feel that my life it’s the most important and there must be purpose for me on earth.

**There is only one correct way to interpret the Bible.**

There are many ways to interpret the bible. An example of it is the vast quantity of religions that even though they believe basically in the same thing they interpret it in completely different ways. People might try to interpret the bible literally by reading word by word continuously , they also interpret the bible as a historical document by going into history and not by ready the bible which have events that might really never happened it was just part of history. That is the problem that plagues all of us on a daily basis. One of the first difficulties encountered when Muslims and Christians dialogue concerning the scriptures is that they both have very different views of the nature of scriptures. The Muslim view of the scriptures is based on the belief of the *Umm al-Kitab* (mother of the book). This is the eternal book in heaven from which all scriptures and revelations have been previously sent down to man. In ancient Judaism there were basically three approaches to the interpretation of the Bible, associated with different groups of teachers: (1) The Palestinian-Babylonian school associated with the Pharisees; (2) the allegorizing Hellenistic school as represented by Philo; and (3) the sectarian and prophecy-oriented school associated with Qumran and the Essenes. There are different interpretations of what the pope says and of what the church counsel says, just as there a host of different interpretations of what the bible says. Meaning that within the Roman Catholic itself there is a huge gap in interpretations that has change over the years. There are different rules of bible interpretation: Rule of definition, usage, context, historical background, logic, inference, genre judgment and dependence upon the Holly Spirit. Also, interpretation of the bible has change over the years due to the constant change of thinking and the need of the believers to have faith in the unknown. I believe that this document is very helpful for the important questions about the right way of understanding holly scripture and that it also help us to go further. So as to remain in agreement with the saving truth express in the bible, the process of bringing the interpretation to modern days, there should be certain limits and be careful not to take the wrong directions. I was visiting a friend of mine that practices Hinduism and I was surprise to see a portrait of the last supper, but the characters had all dark skin and look Indian to me. When I ask her about it she said that it was what I thought it was. Funny , but hard to believe we all believe in the same think, but we all see it from our point of view and in different language.

**That which does not destroy us only makes us stronger.**

That quote is attributed to the German philosopher, Friedrich Nietzsche.  Actually, he said it more eloquently: “That, which does not kill us, makes us stronger.”  I don’t think he was right!

This is just a phrase we tell ourselves when we had gone through difficult times, but in reality it not necessary applies. I would say that statement applies when it is an emotional issue, but when it is physical we can easily be destroy. Like for example if we get shot and wake up thirty days later in a hospital bed, it is hard to believe that this kind of experience will make you stronger specially if you have to go through rehabilitation and face the person that cause you such an emotional and physical distress. I do not think that being the victim of abuse, bullying or neglect makes us stronger. Having good role models that help us become the person we want to be and inspire us to be strong and make a difference. Choose wisely the kind of people that would influence correctly and will help you be the best person you can be. What is important is to grow up strong minds to avoid becoming victims. It is important to seek out challenges to develop yourself as a human being and to make you strong and smart to make good decision in life. Strength is a virtue but it needs to be fed on a daily basis. I think it is useful to learn to deal with conflicts with friends, to survive minor heartbreak, to make mistakes and then try again. I believe that hard work makes us stronger and facing challenges head on makes us stronger too. I believe some pain and suffering in life are unavoidable, but are part of the human experience. We need to learn to reduce this suffering by practicing some mental exercises. Learning to do this can drastically improve our lives.  Acceptance of the reality is always an essential first step to improve our strengths to deal with the daily life problems and situations. Acceptance is not the same as forgiving.   It just means to stop acting negatively against what already in place. Acceptance means to surrender to the moment as it is.  Not to give up. Always remember you can kill people, but not ideas. We will always have to wear different hats throughout our lifetime. On the tough times make sure you thicken that skin and just keep going. Just remember you need to learn to differentiate because there is a thin line in which your soft side works on a tough situation.

It’s more difficult to forgive yourself if the person you have hurt does not forgive us.

It’s a no. We are just humans and we all make mistakes. If I make a mistake and I sincerely ask from the bottom of my heart for forgiveness it is up to you to accept my repentance or not. I cannot force you to do so, but as long as I repent for what I have done it’s enough. **We all** [make mistakes](http://tinybuddha.com/blog/3-tips-to-lead-an-exciting-lifethe-magic-of-making-mistakes/)**. Oftentimes, through our actions, somebody gets hurt.** I know that despite my flaws, I am who I am . I am not perfect and that it’s the signature that makes me be who I am. My mistakes and failures help me improve. I can do something wrong while still being a good person. Someone might try to make me feel like there is something wrong with me. There is a very big difference between doing a bad thing and being a bad person. Even when you do something that you regret, you most likely had a valid reason for doing it at the time there was an intent, or valid motivation, behind my actions. If you have a hard time forgiving yourself sometimes you just need to get it off your chest. Talking to someone else about what is bothering you can have serious benefits. When I am upset about something emotions can cloud my reasoning abilities. A friend will often point out a reason why you deserve to forgive yourself that you never would have seen. I sometimes feel better when somebody else has your back. Knowing that other people are less [critical of you](http://tinybuddha.com/blog/how-to-deal-with-criticism-well-25-reasons-to-embrace-it/) then you are of yourself can be encouraging. Professional help may be necessary or at least a good decision in some cases. When you try to make amends with someone who doesn't want to forgive you, you need to confront both the demands of the wounded and your own. In this case if the wounded feels that you don’t deserve the forgiveness you need to work on yourself because after all you have done, you are not a bad person. Visualize the person you've offended forgiving you, even if that feels difficult or impossible right now. Visualize yourself behaving in new and different ways. The real power of visualization is that it has the potential to change you. It gives you a goal. While being honest about the hurt you've caused, remember your worth. You are a child of God, and you can grow in godliness. If a person feels god gifted and not capable to forgive you it might not be worth worrying about that person. We cannot live our life paying and collecting debts.

**Courage means to do something even though it can be difficult and fearsome.**

I agree because some things in life are hard to overcome, but yet you still have to achieve them. Courage means the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation. You have to take the bull by its horns and work yourself through everything you do regardless of the situation. One thing for instance it’s admitting when you are wrong, as hard as it may be, you are a coward if you do not admit it. If you are willing to do something worth getting in trouble for you should be willing to admit what you did was wrong if you get confronted. For example when people join the military service it takes courage to confront a possible deployment to an area were there is war. After they get deployed the possibility of getting hurt and mutilated increases by one hundred percent. It does not stop them for taking the decision to join the forces. Even though it will be their jobs to participate in whatever assignment they are sent to, the risk of coming back home to their families is a lower percentage and a lot of the ones that do come back are physically or emotionally disabled for the rest of their lives. I thing being a courageous person can make you a stronger person, because you may have the possibilities to overcome many of your worst fears. One thing I am scared of is tall heights, maybe if I had the guts to overcome my fear I would become more of a stronger person and eventually be more courageous by jumping from a parachute on a plane, or going bungee jumping. If people from this amazing earth were just a little more courageous they would probably reach a lot more farther than they do now in life. Most this we do in life have little or no courageous at all. For example: now as I am older taking the trash outside at night had become an easier task to accomplish from when I was little, I ran with a flashlight close to me and told my Doberman to walk with me to the dumpster, as I thru away the trash which took a lot more courage when I was younger. Now these days I am simply too lazy to do it, although it requires to courage at all. Trying new obstacles in life might be a different kind of courage. For example: trying new foods I have never eaten before, having extremely hard, cruel and boring AP classes in school, having a girl friend, breaking my own bones while exercising into new activities. Overall there are many things in life that require courage for many different people and these are just a few of why I agree with this statement.

**A person is innocent until proven guilty**

Aside from the related requirement of proof beyond reasonable doubt, the presumption of innocent is largely symbolic. The reality is that no defendant will face trial unless somebody (the victim), the prosecutor, a police officer-believe that the defendant was guilty of a crime. In plain language you should be innocent until proven that you are guilty. If you are accused of a crime, you should always have the right to defend yourself. Nobody has the right to condemn you and punish you for something you have not done. In order to prove that you are guilty lawmakers need to have enough evidence and witnesses to make you guilty. Some people are guilty of charges and walk away because there is not enough evidence. In 1995 murder case of football legend O. J. Simpson was one of the most explosive cases. He was charge for the murder of Nicole Brown Simpson (his wife) and friend Ronald Goldman and even though there was plenty of evidence his lawyer Robert Kardashian was able to convince the jury of Simpson’s innocence. Also, the media plays a huge role during certain cases, since the follow every detail on this type of cases. I believe that in the everyday life you can get away with a lot illegal activity, as long as you can cover yourself. In our judicial system there is a lot of people that were proven guilty when they were innocent from the beginning. A person can still go to jail and still be innocent. It used to be innocent until proven guilty, but now our culture has become so cynical and jaded that is guilty until proven guilty. The media is very tough on high profile cases like the one mentioned before. I feel that a person should always be given a chance before judging whether they committed a crime or not. I disagreed on a person being innocent until proven guilty because although there innocent and most likely to be released soon, there is still a high chance of that person being guilty. An example of this could be Lance Armstrong that for most of his career, as a professional cyclist face persistent allegations of doping. Amstrong denied all such allegatins until January 2013, ofter claiming that he never had any positive test in approximately 600 drug test he has taken over his cycling career. Back and forth Armstrong name was thrown in the garbage and pick up again. You can also be judge guilty by your peers even though you could be innocent that will a more painful punishment.

**Beliefs in opposition to common values should be illegal.**

Freedom of thought’s also called the freedom of conscience or ideas is the freedom of an individual to hold or consider a fact, viewpoint, or thought, independent of other viewpoint. Meaning that I can think whatever I decide, as long, as it agrees with my values and do not interfere with other people’s values. A lot of people beliefs are opposite to common values and if their opinion would be legal then everyone would be arrested or getting fined all the time. I think that there is a person right to think independently. It is not up to other people to judge whether my values are legal or illegal, and making it so, would be contrary to what America it’s all about. Many years ago there was illegal to have certain beliefs and people were killed over it. Now in days we have the freedom to think what we please without getting in trouble. The statement that “Belief in opposition to common values should be illegal” promotes intolerance, where people re not accepted just because they have different ideas from those who are more common. For example the Holocaust, the majority of the German population believes that they were superior to Jews, therefore, the Nazis deprived Jews of their rights and carry out a mass genocide. I believe that every body is equal regardless whether their values and beliefs are oppose to more common ones and should not be consider illegal from no point of view. An opinion or value cannot be declared illegal because it is a personal point of view, illegalizing it will not make any sense whatsoever. Opposition to the norm is need it to make a society stronger, can you imagine the world having the same ideas or thoughts?. It will be a complete catastrophe and it will not be any room for originality, or variety in society making it weaker. A lot of jobs and professional will disappear. There will be no journalist, no law enforcers or creators among other professions. Everybody needs to have the freedom to have their own values and should respect other people values as well. Liberals believe in government action to achieve equal opportunities and equally for all. Conservatives believe in personal responsibilities, limited government, free market, individual liberties, traditional American values and a strong national defense. Can you imagine if these two positions will put the opposite in jail for their illegal thoughts there will be no space in jail available for the real criminals. It will be a complete chaos on our government, and every idea will become illegal. Let’s be realistic we cannot think the same and it cannot be necessary illegal to practice your own values.

**Justice is best determined in a court of law.**

Justice is a concept or moral rightness base on ethics, rationality, law, natural law, religion, equity and fairness, as well as the administration of the law, taking into a count that inalienable and inborn rights of all human beings and citizens, the right of all people and individuals to equal protection before the law of the civil rights, without discrimination of the basis of race, gender, sexual orientation, gender identity, national origin, color, ethnicity, religion, disability, age, or other characteristics, and it is further regarded as being inclusive of social justice. Taking in consideration such definition of Justice it will be almost impossible to establish that justice is best serve in a court of law. In my opinion justice is not always best determine in a court of law because unequal activities have been contributed into court sessions. There are many factors that can contribute to the failure of justice in a court of law: one of them will be the judge and jury should not be the only ones to be deciding the factors for the entire case. Second a wealthier person has a higher chance of winning the cases due to the opportunity to acquire better lawyers/defense to win the case. Even though court is a popular place to find justice the case might go in different cases, as you expected. Also in the world there is not a single incorruptible system of justice. People in the court of law get distracted from their real moral ideals by fear and money. Having someone judge you it is a complete fifty/fifty chance of either getting freedom you may or may not deserve. We all deserve a chance, but it not always the best case. If you are found innocent when a person is actually guilty, it could cause major problems for the people he was going against and the people around him. Sometimes you have to solve the problems on your own and in order to do that you have to be incorruptible and you must do what is necessary. To solve the problem on your own does not mean to take justice into your hands because then you will fall into the category of illegality and we are not ready or prepare to determine what is fair or not. An example of this would be the George Zimmerman cases versus Trayvon Martin. Zimmerman was charged on second degree murder and manslaughter for the death of Trayvon Martin. A jury of six women found him not guilty after fifteen hours over two days of deliberation. They determine that he reasonable believe that the force he used was necessary to prevent eminent death of great bodily harm to himself-Florida definition of self defense. Zimmerman showed no emotions after the verdict was read he slightly smile and shook his lawyers hand. Was there really justice for Trayvon Martin in that court of law?